



PHOTO BY KERRY REED

Many students coming to Conestoga College are living on their own for the very first time. In the rush to get here, some of you may have forgotten some key items. Hilary Cook, left, and Melanie Spittal, both graduates of the general business program, know what it is like — they said in their first year they forgot to bring a shower curtain.

Did you bring the essentials?

By KERRY REED

Finally, you are here. Breathe a sigh of relief because you have made it to college in one piece. You have unpacked and settled in and are ready for the new school year to begin.

But, you realize that you may have forgotten a few items that are essential for your survival.

Katie Holowaty, a customer service representative at the Conestoga Residence and Conference Centre, said, "People generally do not forget

the big things. It is the small things they always forget."

Shower curtains, toilet paper, dishes and pots, utensils, bedding, detergent, dryer sheets and hair dryers are the most commonly forgotten items, said Holowaty.

Magdalena Zoltowski, a graduate of Conestoga College, said when she first moved to college she forgot the silliest things.

"Both my roommate and I forgot to bring bowls.

"It took us about a month to actually go and buy some. We had to use mixing bowls and

our pots to have soup or cereal.

"It was really funny watching us eat our Lucky Charms out of pots each morning."

Alaina Cervoni, a third-year business marketing student, said she forgot a lot of stuff that people normally remember to bring.

"I forgot everything from bedding to towels to shoes. You name it, I forgot it. Thankfully my roommate was super awesome and let me borrow whatever I needed until my parents were able to bring me my stuff."

PRESIDENT'S MESSAGE

Take advantage of the many opportunities

Welcome to the 2008-2009 academic year at Conestoga.

The start of a new year is always an exciting time, filled with anticipation. I sincerely hope it will be a rewarding and memorable year for you.

I encourage you to take advantage of the many opportunities the college offers to enrich your educational and personal development. All of us at Conestoga are proud of its reputation and accomplishments, and we strive to create an educational experience that is both excellent and relevant.

No doubt your program of study will be challenging — you are gaining valuable knowledge and skills designed to prepare you for the world beyond Conestoga. Our faculty members have considerable experience in their fields and a lasting concern in your progress. They are a valuable resource in learning the skills you need and how to use them effectively.

While you concentrate on your studies, don't forget that there can be much more for you at Conestoga. Other aspects of college life offer the potential to discover skills and interests for your future, as well as friendships that can last a lifetime. Consider athletics, whether varsity or intramural, the many activities sponsored by Conestoga Students Inc., on-campus clubs and groups, and professional association opportuni-

ties associated with your program of study. The more you give to college life, the more you will gain.

Conestoga is the fastest-growing college in Ontario, on the basis of percentage growth in enrolment. This can present challenges and sometimes frustrations, but please remember that at Conestoga we are all here for a common purpose — to work with you, so you can gain the most benefit from your education. Also remember that growth presents opportunities, in the form of more programs, more options and more pathways to reach your educational goals.

If you are new to Conestoga, make sure to participate fully in all stages of the Orientation program. The more you know about Conestoga, the more productive your time here will be. If you are a returning student, please take the time to help new students feel at home.

I am delighted that you are part of the Conestoga community. Enjoy your year and dedicate yourself to gaining the most you can from your studies and from college life.

John Tibbits
President, Conestoga College

Roommate 101

By KERRY REED

They are:

1. Do not steal or eat the other person's food.
2. Do not use other people's clothes without permission.
3. Do not go on the other person's computer.
4. Keep music down.
5. Try and keep common areas clean and tidy.

"By doing or not doing any of the tips you could be asking for trouble," he said.

See COMMUNICATION, Page 3

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What advice would you give to first-year students?



"Stay on top of assignments and due dates."

Laura Ingram,
second-year
early childhood education

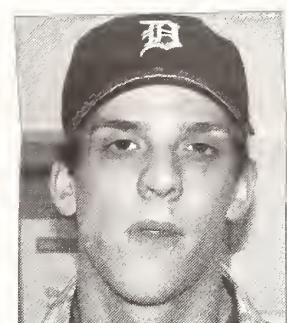
"Don't come to school hungover."

Marley Gregg,
second-year early
childhood education



"Don't treat it like high school; it's a lot more work."

Andrew Smith,
graduate, design and
analysis - mechanical
engineering



"Get involved in the Orientation activities, that's how you get to know people outside your program."

Christina Figueiredo,
second-year
recreation and leisure



"Get to know your professors on a personal level, get yourself known."

Matt Lukas,
second-year
accounting



"It's not as scary as it looks; it's like a big high school."

Leanne Elston,
second-year
accounting



Smile Conestoga, you could be our next respondent!

Meal plans draw mixed reviews

By HIEN DINH

Hungry? What is there to eat at Conestoga College? Students should know that there is no meal plan offered, which means those living in residence are responsible for going grocery shopping, preparing and cooking their own meals.

The over 500 students who live in residence rely on three shared stoves with ovens and a barbecue to make their meals, although students also have a microwave in their room.

Kevin Mullan, vice-president of strategic planning and corporate services at Conestoga, said most students tend to use a microwave to make their meals.

Mike Cowling, a night auditor at the Conestoga residence, said he doesn't see the stoves being used very often but if they are it's just for macaroni and cheese or spaghetti.

The residence has two different apartment sizes, the shared two-bedroom suite and the shared open concept.

Mullan said although the shared open concept suite is smaller, they both have kitchennettes which hold a microwave, fridge, sink, table and cabinets.

Jordan Ooms, a second-year mechanical engineering design student, said he would have definitely taken advantage of a meal plan if it was offered. Ooms lived in residence from September 2007 to April 2008.

"The stoves are inconvenient

because you have to carry all your cooking materials down to the common cooking area," Ooms said, adding although he goes out and buys groceries, he still tends to eat out a lot.

"The fridges are small and there's not a lot of space to make breakfast or lunch. I work at Christie Digital so I

have to go out and buy groceries and cook her own meals.

"The cooking area is not usually very busy but every time I come down there is at least one person already down there," she said, adding she believes many students would take advantage of a meal plan if Conestoga offered one.

"Conestoga's food council (comprised of a group of CSI students and a manager from the cafeteria) has looked into the idea of giving students a meal plan but saw there was no big interest," Mullan said.

"The population in our residence isn't very large, especially compared to the universities in Waterloo Region. The University of Waterloo might have over 40,000 students (but Conestoga only has about 7,000)."

The majority of students who go to Conestoga aren't from out of town either, he said.

"I would think only 20 per cent of students at Conestoga (aren't from Waterloo Region), while a university might have an 80 per cent population of out-of-town students."

Both the University of Waterloo and Wilfrid Laurier University require their students to purchase meal plans.

Mullan said after talking to the universities he found that making meal plans mandatory leaves students dissatisfied.

"Many of our students have full-time or part-time jobs and don't follow stable eating (times) so we just don't believe many students would be interested in a required meal plan."

Many of our students have full-time or part-time jobs and don't follow stable eating (times) so we just don't believe many students would be interested in a required meal plan.

— Kevin Mullan

usually grab breakfast at my work's cafeteria and then I have fast food for lunch."

Ooms said he uses the barbecue grill every once in a while but often uses the toaster oven in his room.

Melanie Moran, a second-year practical nursing student, said she knew ahead of time that there would be no meal plan offered.

"I spent about \$200 every month on groceries (from September 2007 to April 2008) and mostly barbecue meats, Sidekicks, frozen vegetables or Hamburger Helper."

Moran, who still lives in residence, said it's an inconven-

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Drop by Alumni Services Room 2A100
for more information.

Mature students have lots to learn

Conestoga is in the business of teaching old dogs new tricks.

More than half of its full-time students have been out of high school for more than a year. The average age of students is more than 21 years old.

Mature students range from the "I took a gap year after high school" variety, to the "I already have a degree but came to college for further training" variety. Or even, "The last time I went to college I was driving a Gremlin and listening to 8-tracks" variety.

I'm one of them.

Conestoga offers services for mature students through the Learning Commons and counselling services, including study tips and a chance to network and socialize with the other elderly folk on campus.

But whether you're getting back into the game after raising kids, retraining after a workplace injury or layoff, or starting a whole new life as part of the witness protection program, here's my advice for running the gauntlet:

1. If you have an iPod, don't let the younger students see what is on it. You think Earth, Wind and Fire are cool. They do not. The hoots of derision will never stop ringing in your ears.

2. Some of your instructors may be younger than you. Don't freak out or be resentful. Just remember, while you were young and dancing at various music festivals, these were the A-types with their noses to the grindstone.

3. Don't try to use the cool kids' lingo. Saying "phat" or "posse" will only highlight how hopelessly out of touch you are.



Charlotte
Prong Parkhill
Opinion

4. Don't wear a Hollister T-shirt. They probably don't come in your size anyway.

But more importantly, remember that just because you're a mature student doesn't mean the other students are immature.

You probably have different responsibilities outside of school than the other students do ... children, pets, RRSPs! Don't make the mistake of thinking their life is an easy ride compared to yours.

It can be tough for younger students – particularly those just out of high school or from

a small town. They've got their own juggling act going on, balancing the demands of school, homework, dramatic relationship woes and McJobs.

Add in the fact that many things are new to them ... paying bills, shopping for groceries and making meals, riding public transit.

If you can help them out without being condescending, do it.

But remember, they probably have a lot to teach you too. Their life experiences may be completely different than yours. And they'll respect you more if you can admit what you don't know and ask for help.

I have to thank my colleagues in the journalism program for all they've patiently taught me over the last two years: how to upload photos and use Facebook, or where I could find the elusive Wii.

They'll tell me when I need to get my hair done, or whether I'm too old to wear black nail polish. (I am.)

They sent me text messages, and taught me how to answer them. They know what \$5 will buy at the cafeteria, and that it takes at least two people to complete a crossword.

But they also taught me more valuable lessons – ones that I used to know, but had forgotten.

Loosen up a little.

Stay up half the night without worrying about tomorrow.

Laugh your head off every day.

Make new friends, young and old.

Accept people for who they are.

Take risks.

And for us elderly people, these are things that can stave off heart disease.

Nominate a worthy employee

Has a certain Conestoga College employee gone above and beyond the call of duty? If so, nominate him or her for an employee recognition award.

Every November the college hands out up to 10 awards, to honour employees for outstanding performance that advances and enhances the college. There are five award

categories — community involvement, customer service, innovation, student life and team spirit.

The nomination deadline is Sept. 26. Contact human resources for nomination forms and descriptions of each category. For further information call Debra Marshall at ext. 3341.

COMMUNICATION

Remember to do unto others ...

• From Page 1

"At the residence I have not seen much drama and trouble with roommates but, what I have seen is so simple to fix if both roommates work on their problems."

"Just think about how you would feel if someone ate, used, borrowed or lent out any of your personal stuff," said Rye.

Ashley Farrell, a graduate of Conestoga College, said she encountered a few problems with her roommate.

"We had a lot of problems at the start. She would have people over really late at night and that would drive me crazy because I had to get up to go to school or my work placement early."

"We also had a problem with the phone usage. She would be on the phone forever and for a while she would not get off even if I needed it. But, we talked about it and came to a solution. If either one of us needed the phone while the other was on it we would ask if we could use it for a quick second. It seemed to work. We did not have too many conflicts after that about the phone."

"If I had one suggestion to make the year go smoothly it

would be talk to your roommate as soon as a problem arises. This way you can clear the air and hopefully you can develop a strong relationship with them."

1. Are you registered in the 1st term of your program?

2. Did your parent/guardian graduate from Conestoga?



Welcome Home Award

Sponsored by
the Alumni Association
of Conestoga.

Application Deadline:
September 26, 2008

Pick up an application in Alumni Services Room 2A100 or online www.conestogac.on.ca/alumni/association.jsp

Actual amount is based on number of applicants. Minimum award is \$100. This award will be presented to the successful applicant at the Annual General Membership Meeting in Nov/08. As this is a celebration for the alumni it is encouraged that the alumnus and/or parents attend with the award recipient as well.

FALL FITNESS CLASSES

SEPTEMBER 15 TO DECEMBER 4, 2008



Monday	Tuesday	Wednesday	Thursday
Pilates 4:30-5:20pm 5:30-6:20pm	Total Core 5:00-5:50pm Latin Dance 6:00-6:50pm	Abs and Glutes 5:00-5:50pm Yoga Stretch 6:00-6:50pm	Pilates 4:30-5:20pm Stability Ball 5:30-6:20pm
		Kick Boxing 7:00-7:50pm	

Fitness Class Schedule Subject to Change
Cost: Free with Student card

INFORMATION HOTLINE

519-748-3565

www.conestogac.on.ca/rec_centre

At the Rec Centre

Facility Hours

Starting September 2nd

Monday—Friday 7am—11pm

Saturday—Sunday 7am—8pm

Student Card

Required for Access
to the Facility

Squash Courts Basketball
Skating Weight Room Sauna



CONESTOGA COLLEGE
RECREATION CENTRE

Learning Commons has lots to offer students

By WEI-LON LEE

Feeling unprepared for the fall semester? The Learning Commons can help first-year and returning students adjust quickly to academic life on campus.

The Learning Commons offers many services, including a peer tutoring service which provides help in a variety of subjects, a writing skills service to help students improve their writing and a learning skills service which helps students with ways to enhance their learning strategies and time management skills.

International and ESL students can also benefit from peer conversation partners who help them with their English.

"Most of the services we provide are offered and taught by

the students here at Conestoga," said Melissa Turner, peer services co-ordinator at the Doon campus. "All the services we provide are free except for peer tutoring, which will cost students \$15 over a period of five hours of one-on-one tutoring."

Although many of the positions are paid, most students teaching for the Learning Commons don't do it for the money, said Turner.

"They do it to help out other students, to meet new friends and to contribute to a better learning environment," she said. "Most of them don't even know how much they're getting paid."

Cinthya Ayala, who is an integrity representative (iRep), agrees. "I think I get paid like \$11 or something, I'm not really sure, I'd have to check my pay

stub," she said, smiling.

Ayala, whose job descriptions include giving presentations to classes about the importance of academic integrity and how to avoid plagiarism, said she wanted to be an iRep because she was really shy and would get stage fright every time she had to do a presentation.

"This has helped me become more confident and comfortable in front of a crowd."

Besides her responsibilities as an iRep, Ayala is a peer conversation partner.

"I really liked that because you got to meet people from different cultures and start understanding their perspectives, to see things through their eyes," said the second-year police foundations student.

The 25-year-old native of Guatemala said she can relate to some of the experiences of foreign students because she too, came from another country.

"I personally didn't have to go



PHOTO BY WEI-LON LEE

New at the college? Visit the Learning Commons. They offer lots of services to assist you and they also have volunteer opportunities. Above, some students who worked or volunteered there in the spring were (from left), Stephanie van Dinther, Meaghan Sinden, Vanessa Somos, Alex Steward, Kayla Floto, Brooke Bilitz and Brian Bogdon.

through some of the obstacles that they went through, but I can empathize with them through the experiences of my parents and my grandparents."

Kayla Floto, a second-year early childhood education student who is also a learning assistant, said there have

been occasions when she has taken calls in the wee hours of the morning from students wanting study tips. "Because I live in residence, people would call me at 3 a.m. and ask me to help them study."

"I can't really help them study but I am there for them 24/7."

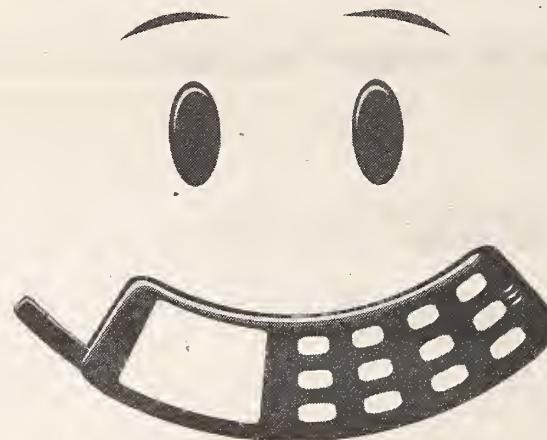
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CONESTOGA
STUDENTS INC

REPRESENTATION

YOUR 2008-2009
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CSI PRESIDENT



SHEENA SONSER

Hello my name is Sheena Sonser and I am your 2008-2009 President of Conestoga Students Inc. Conestoga Students Inc. is your student government here on campus and will provide you with a wide range of services, representation and activities. We have an incredible team, the board of directors and staff members are here to help and make positive changes to insure you have the best year possible.

I would like to take this opportunity to welcome all new students to Conestoga College and welcome back all returning students; you have made a good choice!

My time here at Conestoga has been such a positive experience. The people I have met and the friendships I have made mean so much and will be a part of my life forever. I hope that your time here at Conestoga will have the same positive impact on your life as it has on mine.

My best piece of advice as you complete your program is to get involved and make the most of your time here at college. Choosing to get involved and participating in some of the activities and events on campus will be what makes your time here absolutely amazing! This year will be filled with information, opportunities, fun, new people, and the time of your life so don't let any of it pass you by.

Please make it a point to come by the office and chat with me about anything and everything. Also don't hesitate to email me at ssonser@conestogac.on.ca

I wish you the best of luck!

All yours,

Sheena Sonser

CSI VICE PRESIDENT



JENNIFER WATSON

Welcome back Condors! I would like to extend this welcome to all new students, you should be excited it's going to be one of the best years ever. I am Jenny Watson and I'm the Vice President of CSI. Come in the office and introduce yourself the door is always open, you can ask us anything. I must say I am so excited about this school year! Sheena and I have worked hard through out the summer; we put in many long hours to give you the best year ever!

Always remember, we are here for you; feel free to pop in and say hi. Remember to get involved and get out there. There are clubs, teams, volunteering and many other things you can do to make a difference. The difference begins with you. Good luck everyone and I look forward to meeting you and many new students this year. -Cheers!

Sincerely Yours,

Jenny Watson

VISIT THE BOD IN ROOM 2A104

Welcome to all new and returning students to Conestoga. There are lots of exciting activities and events for everyone to get involved in during the year. It's going to be a great year! If there is something specific you would like to see or make happen, please visit CSI and let us know in advance.

CSI is committed to "...enhancing student satisfaction through active college and community awareness." All students enrolled in full time academic programs at Conestoga are members of CSI and can take advantage of everything we do and offer.

The Board's job is to link with students, write policy, monitor policy and create positive changes outside CSI. The Board will invite all students to the CSI student forums, talk with students around campus, read/listen to campus media in order to get a better sense of what you, the student, want and expect from your student association. Based on that feedback, the Board can add or amend policy to further guide CSI over the long term.

Creating change outside of the CSI is probably one of the most difficult tasks the Board will attempt to accomplish whether they are meeting with college or government officials - there is always work to be done.

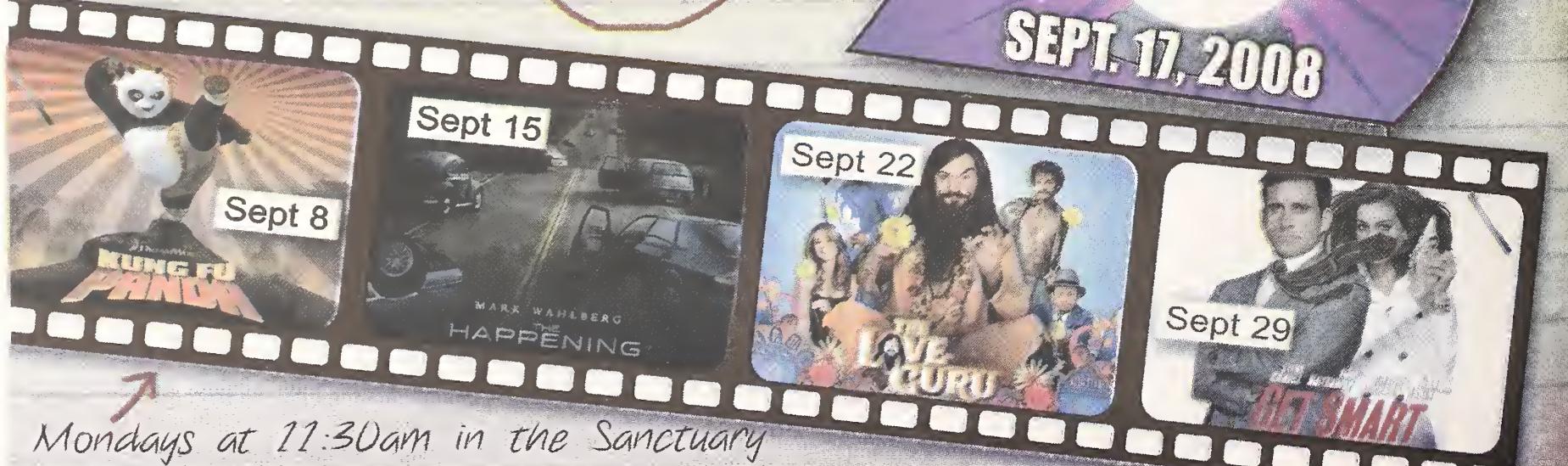
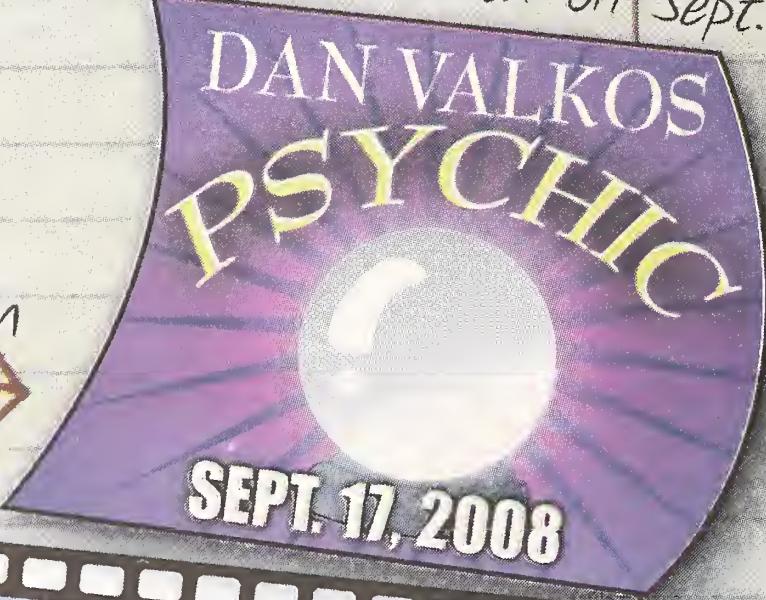
As members of the College Student Alliance (CSA), CSI is able to have input on provincial issues along with other college student associations on government policies on tuition, student fees, on-campus employment, financial aid, recognition or prior learning and quality.

Recent accomplishments of the CSI include the construction of the new Student Centre here at Conestoga College. CSI is the first student association in Ontario to partner with their college to construct a student centre. The new Student Centre brings services from both the CSI and College together which greatly benefit students. CSI is continually working to benefit students here at Conestoga and look forward to doing so over the 2008/2009 year.

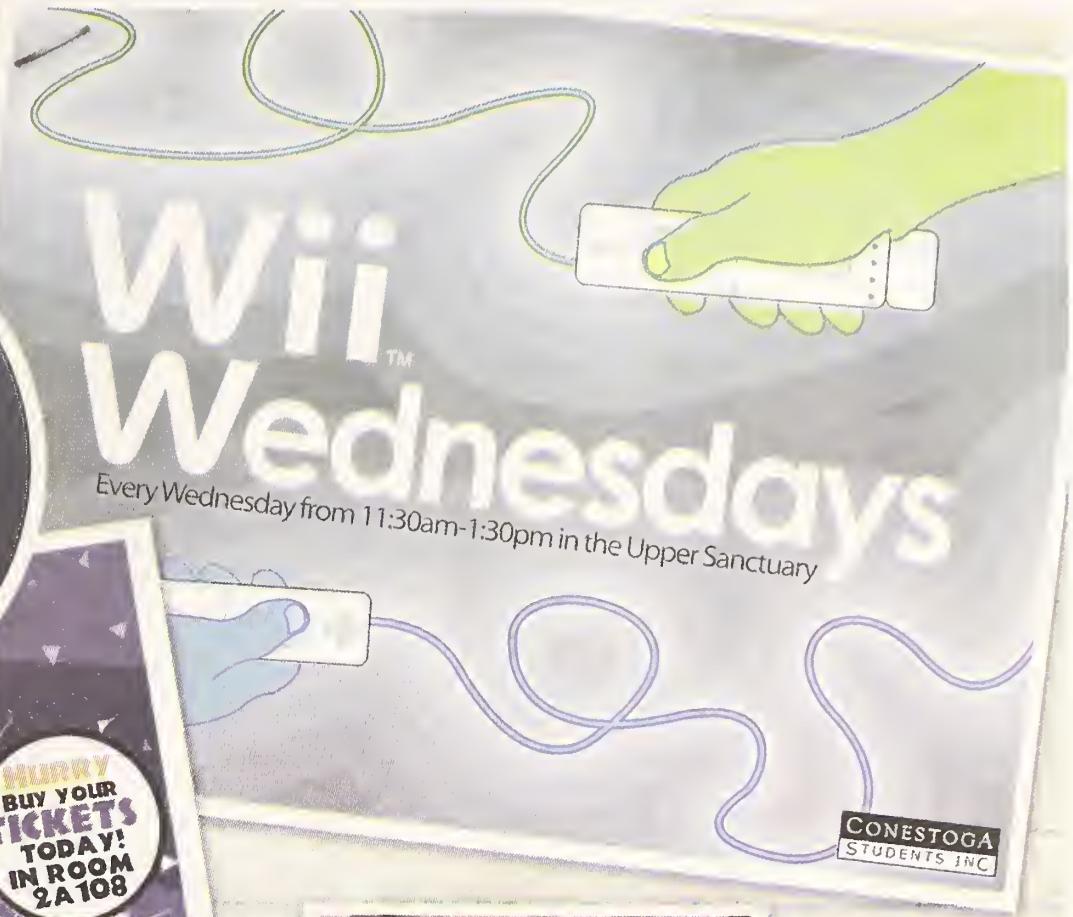
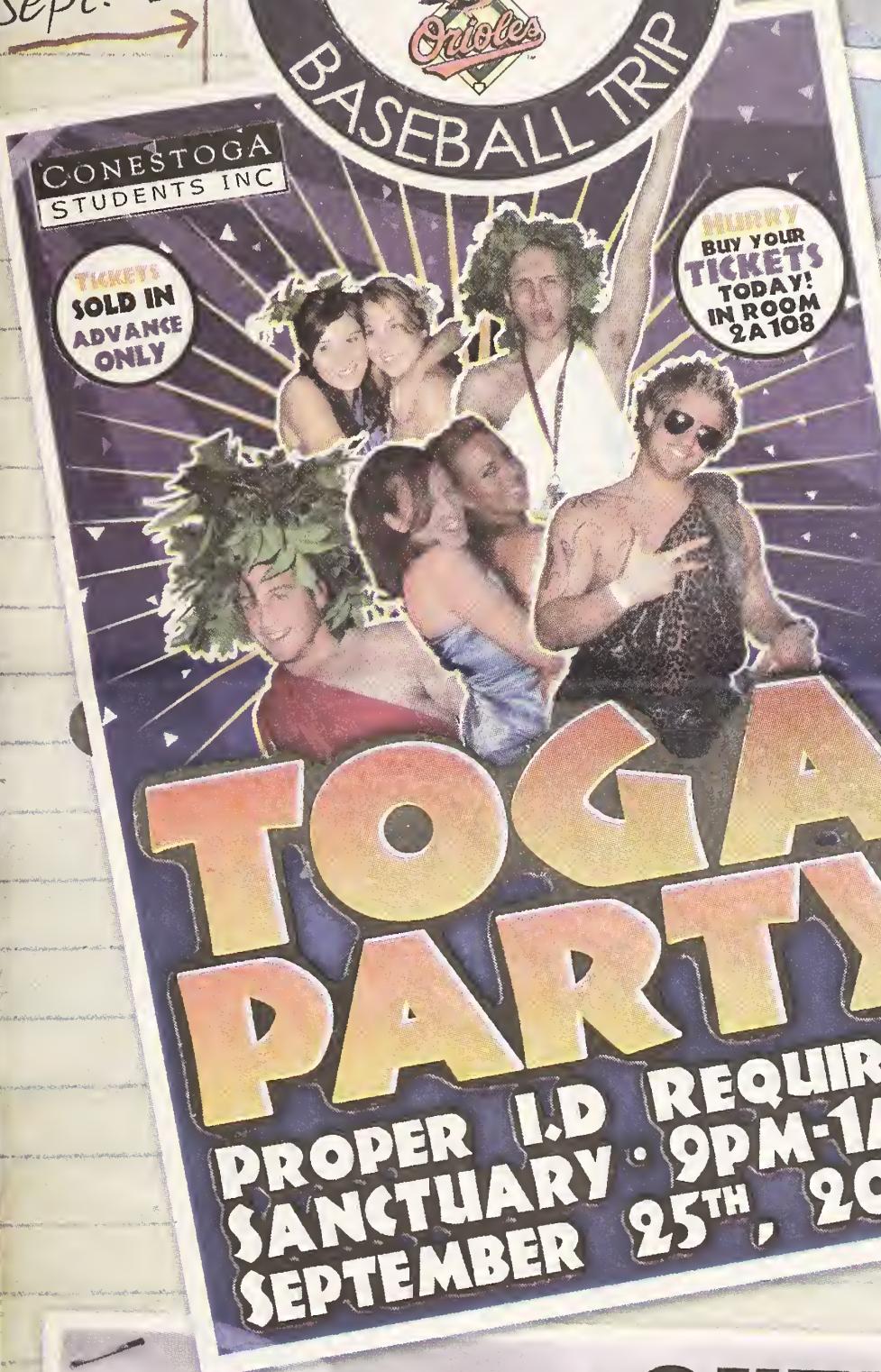
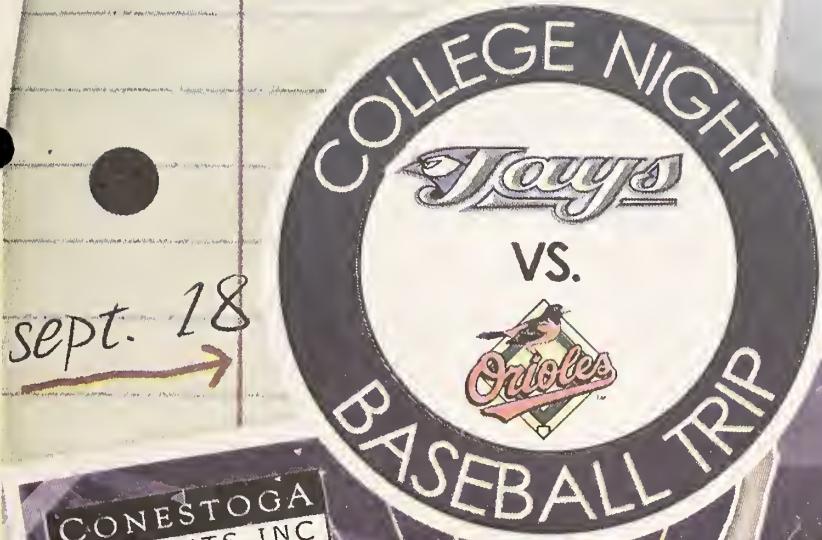


Pond Party and Country Pub night are both on Sept. 4

Dan's in the Sanctuary at noon



TICKETS AND INFO
IN THE SELF SERVE AREA.
ROOM 2A108



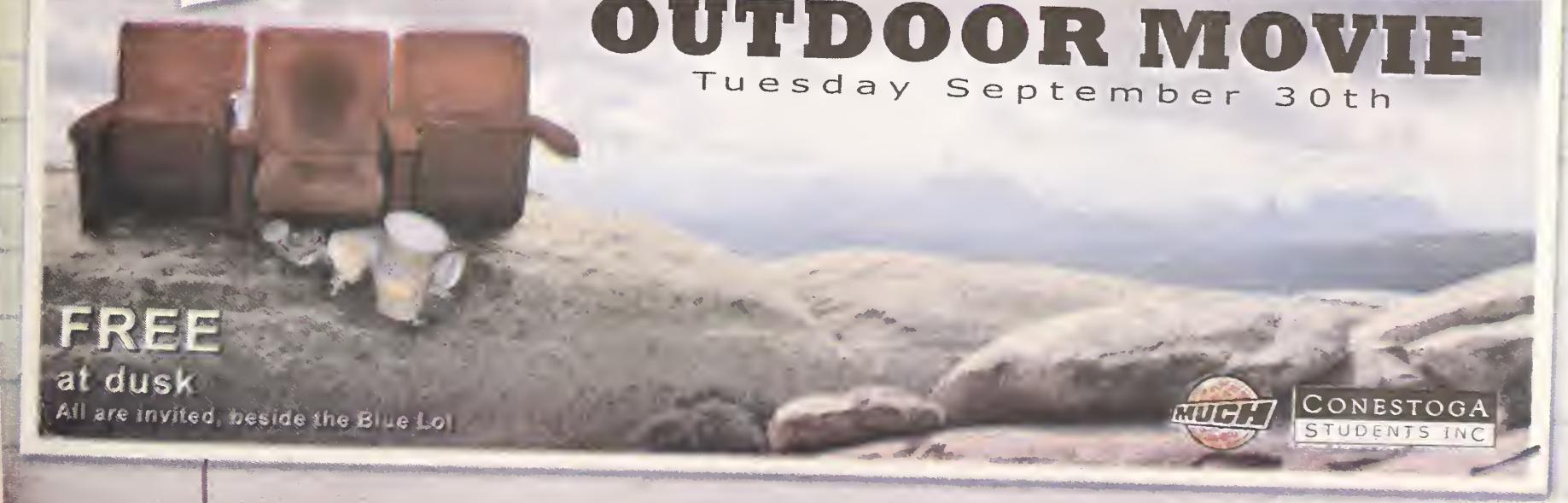
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toga!
toga!
toga!



OUTDOOR MOVIE
Tuesday September 30th



IMPORTANT Updates To Your Student Health & Dental Plan

Effective September 1, 2008 your Student Health and Dental Plan insurance carrier will be changing to Manulife Financial.
Your New Plan Number is: **38126**
Your Member ID is your Student Number
Please visit www.gallivan.ca to download your new Benefits Care Card. Your Care Card provides the correct information needed for pay direct transactions at pharmacies and processing of electronic dental claims.

Where do I send my health and dental claims?
For students who were enrolled in the Plan prior to **September 1, 2008** any claims that you have yet to submit where the receipt is dated prior to September 1, 2008 you would submit to ClaimSecure Inc. for reimbursement. All claims incurred up until August 31, 2008 must be submitted to ClaimSecure Inc. by November 30, 2008. Any expenses incurred from **September 1st, 2008** onward should be submitted to **Manulife**.

Manulife Health Claims: PO Box 1653, Waterloo, Ontario N2J 4W1
Manulife Dental Claims: PO Box 1654, Waterloo, Ontario N2J 4W2

Are there any changes to benefits offered on the plan?
No, all benefits will remain the same.

What if I already have coverage?
If you have comparable health and dental coverage you may apply to waive the mandatory health and dental plan. Each student is given one opportunity to waive benefits under the health and dental plan each year. For example, if your program starts in September and you miss the deadline, your next opportunity to opt out is the following September. **Your waiver must be completed by 2:00 p.m. on the last Friday of the month your program starts.** Should you choose to waive your student coverage you can do so **online** by completing the **One Time Online Opt-Out**. Please visit www.gallivan.ca (select your campus from the drop down bar) and follow the procedures on the left side menu bar.

Can I add my family to the plan?
You have one opportunity each year to purchase family coverage for your spouse and/or dependant(s) by completing an application form and paying the family coverage fee. For example, if your program starts in September and you miss the deadline, your next opportunity to add your family is the following September. All family add-on forms and applicable fees **must be received in the CSI Office no later 2:00 p.m. on the last Friday of the month that your program starts.**

Summary of Health Benefits:

- Prescription Drugs
- Vision
- Chiropractor, Psychologist, Speech Therapist, Physiotherapist, Naturopath & Registered Massage Therapist (Physician referral may be required)
- Medical equipment: crutches, splints, braces, trusses, prosthetic appliances and wheelchairs

Summary of Dental Benefits:

- Annual maximum \$500.00
- 100% of Diagnostic & Preventative
- 75% of Minor Restorative & Oral Surgery

For additional coverage information, Benefit Cards, Family Opt in or Claim forms please visit:
The CSI Office located in Room 2A106, Doon Campus.
Online: www.gallivan.ca
Email: csihalthplan@gallivan.ca
Phone: 519-746-0200 ext 249 or Toll Free 1-877-746-5566 ext 249

CONESTOGA STUDENTS INC

CSI SERVICES

CSI Services Room 2A108

Self Serve Area

B/W Prints & Copies	.10¢ each
Color Prints & Copies	.25¢ each
B/W Overheads	FREE
Color Overheads	.25¢ each
Mailing Envelopes	.10¢ each
9x12 Envelopes	.25¢ each
Mailing Labels	.25¢ each
Scanning	FREE
Binding	FREE
Laminating	FREE
Faxing	FREE

Movie Tickets

Movie Tickets (Adult)	\$8.00
Movie Tickets (Child Combo)	\$12.50

(Valid at Galaxy, Cineplex, and Famous Players)

Phone Cards

Long Distance
Cell Phone (pay as you go)
(Telus, Rogers, Bell, Fido, Solo, Virgin)

Book Appointments

Shooters Photo Studio (grad photos & passports)
Registered Massage Therapy \$1/min.

Event Tickets

Tickets for CSI events are sold in advance.
Watch for our upcoming events.

The Conestoga Students Inc. "SELF SERVE AREA" is very popular among college students and much of it is FREE to you! Visit us in room 2A108 (Doon Campus) to meet the Self Serve team and take advantage of the great deals and FREE services!

There's a big difference between college and high school

By ELIZABETH BATE

If you're here at college right out of high school you may think you don't have anything to worry about. After all, school is just school right?

Joy Tomasevic, a counsellor in Conestoga's Learning Commons, said this is the attitude many people take when entering post-secondary education, but it may hinder their progress.

"It's significant, the difference from high school to college," she said. "So many people just don't understand it when they come in."

Tomasevic said the two most important differences are the increased expectations of students and an increased workload.

Tomasevic said despite what may appear to be an easy workload the first few weeks of the new semester, students should start to study early. This will ease stress when the workload increases.

"So many people are not used to doing the amount of work that is expected of them that they don't know how much time to associate with that," she said. "It takes about two hours outside of every

hour of class time for homework every week."

Tomasevic said an average course load of 20 hours per week means a total of 60 hours of study time, which many students aren't prepared for.

"Basically it's a perception change, right?" said Lynn Robbins White, a counsellor with student services.

Robbins White said many students coming to college straight from high school have never had the freedom or responsibilities that come with taking care of oneself. When one reaches college, perceptions shift and kids become

adults, even if they aren't ready for it.

Robbins White is part of the transition team first-year students see in the classroom in their first weeks at Conestoga College, helping students to acclimatize to their new surroundings.

"We talk about freedom differences, about their schedules and routines," she said. "Some of it is study skills, but some of it is an internal personal assessment."

In order to be prepared for college life both Robbins White and Tomasevic recommend students use the free

resources available to them during the first week of school.

Workshops on writing and studying and time management are offered as a group or individually in the Learning Commons, which can be helpful to students who need to brush up on their skills.

Robbins White suggests students should make an initial appointment with a counsellor even if they don't think they need it "just to check in."

For those students living in residence, Robbins White said the resident advisers all have counselling training and access to resources.

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- ⇒ Ultimate Frisbee
- ⇒ Touch Football

Register by Sept. 8th

Captains meeting

Sept 8th

Check Website for times



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There's still time to apply for OSAP if you haven't already

By KAYLA GRANT

Money makes the world go round and it will be a primary concern for students who have to pay for textbooks, school supplies and tuition.

Fortunately there is the Ontario Student Assistance Plan (OSAP) which provides

loans, grants, scholarships and bursaries to post-secondary students.

"If I didn't get money from OSAP I wasn't going to school," said Justine Reist. "I'd be stuck working at Tim Hortons for life."

Most students choose an OSAP loan over a bank loan

because the interest is better and because a student has six months after graduation before they have to start paying it back. During this time, students are not required to make any loan payments but interest begins to accrue.

The deadline for applying for a loan is generally within the

first 30 days (if only one term) or within the first 45 days (two or more terms) of the semester.

When applying it's important to remember that the amount of money you get is dependent on the information you provide the financial aid office. If any of the informa-

tion you provided changes, it's important to get in touch with the ministry or financial aid office.

For further information contact staff in the financial aid office, which is located in the Student Client Services Building near the red parking lot.

You can eat well on a budget

Tips include browsing flyers and using leftovers

By FRANCA MAIO

Grocery shopping for the first time on your own can be a daunting task. Trying to choose food that will taste good and fit your budget can overwhelm anyone.

According to The Student Zone website (www.thestudentzone.com), the first step is to find out when the local grocery stores start their weekly sales.

Most companies post their flyers online. Then check the web for updates on sale items.

The site suggests using coupons because every little bit of savings will add up.

According to the Dietitians of Canada website (www.dietitians.ca), never go grocery shopping hungry because that may lead to purchasing items that may not be used during the week.

Make a list, the site suggests, because you are less likely to buy items you will not use and it will help you stay within your budget.

Judy Kitching, a nutritionist with the Waterloo Region Public Health, said watch the labels when you are at the grocery store.

She said 100 per cent whole wheat doesn't mean it is 100 per cent whole wheat. Instead students should look for the words whole grain.

Another tip is to plan out meals before you go shopping.

If you plan your meals and make a list of the items needed, it will keep you within your budget and provide enough meals for the week.

A way to help with meal planning would be to check out the Internet for recipe ideas.

Try to reduce your reliance on takeout, eating at restaurants or buying a coffee everyday. These add up if they are done on a daily basis.

A coffee might cost "just" \$2 but over five days, that adds up to \$10. If you purchase a muffin, croissant or bagel with it, the amount can hit \$20.

According to the Dietitians



PHOTO BY FRANCA MAIO

Eating healthy can be difficult, because it means you have to choose an apple over a bag of chips.

of Canada website, peanut butter is a good meat replacement since it is a good source of protein.

The site also suggests making use of leftovers.

The café has microwaves available, so if you have leftovers you can heat them up at school instead of eating them cold.

Using the chicken from the night before in a sandwich or a salad is one way to use up leftovers.

Kitching said students should aim to get dark greens and orange fruit or vegetables into their diet.

These could include sweet potato, cantaloupe and carrots.

"Vegetables and fruits are very important," she said.

Snacking is beneficial, she said, because eating a few small meals instead of one big meal will keep up your energy throughout the day.

She advised students to buy fresh vegetables like baby carrots, peppers or celery for snacks instead of eating a big meal.

Kitching said students should check out the Canada food guide for more information and an interactive food guide, where students can create their own guide for how much food they need and from which food groups.

Counsellor's Corner

Welcome from Counselling Services

To those students who are beginning their college career at Conestoga, welcome! Right now you are probably excited about opportunities to learn more about your area of study, meet other students and just find your way around campus. As well, we encourage you to take advantage of the many services that Counselling Services have designed to help students be successful.

Professionally trained counsellors can help you resolve problems that stand in the way of you reaching your educational goals. Arrange to see a counsellor if you have academic, personal, career or financial concerns during your time at Conestoga. Groups and workshops are offered for such issues as public speaking or test anxiety; self-esteem and relaxation.

Counselling is free to students, voluntary and confidential. Counsellors can also refer you to other College and community resources that can help.

To those students who are returning for another year of study, welcome back! We hope the coming term provides fresh ideas and challenges, new friends and activities and brings you closer to your academic goals! Come and see us in Counselling Services if we can help in any way.

Counselling Services; 1A101 Student Life Centre Atrium

Get Ahead! - 10 Reasons to Visit the Career Resource Centre

10. We post thousands of jobs from employers who want you! To access them, go to: www.placeprocanada.com (for former and current Conestoga attendees only)

Click on Student

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3. We have resources, tip sheets and quick reference guides, from putting together a portfolio to inspirational action words.

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1. You can now find us in Room 1A105, in the Student Life Centre (Door Building)!

Find us online:

www.conestogac.on.ca/careersvc/index.jsp (load up the Conestoga College website, click on Student Services, and then Career Services)

5 Reasons to Explore Co-operative Education

5. Develop a network of resources / references for graduate employment.

4. Earn while you learn!

3. Gather work related examples of your skills for your professional portfolio.

2. Evaluate your suitability for your chosen profession.

1. Obtain career related experience!

Find us in the Student Client Services Building, Room 216, or online: www.conestogac.on.ca/studentsvc/coop/index.jsp (load up the Conestoga College website, click on Student Services, and then Co-op)

Varsity sports kick off season

By JOSHUA KHAN

Slip on those knee-high socks, polish those new cleats and wash those four-month-old gym bags — varsity sports at Conestoga College kick off a new season.

To start off the month of September, men's rugby, women's fastball, men and women's soccer, cross-country, badminton and golf will all be holding tryouts.

But don't think being named to a team is easy. Coaches in the past have said that sometimes there is a lot of competition. This is a good thing because each varsity team puts forward its best effort when representing Conestoga.

In regards to star athletes and winning championships, there were a few bright spots in varsity sports last year. Student David Sharratt and the rest of Conestoga's cross-country team impressed spectators at the Ontario Colleges Athletic Association Cross-Country Championship held at the Fort Henry National Historic Site in Kingston. Sharratt came in first in the men's individual 8K and moved onto the nationals while the Conestoga team grabbed silver.

The women's fastball team also showed they were a competitive bunch, finishing with a 6-4 record. Despite losing in the first round of the OCAA Women's Fastball Championship, the team had

several accomplishments. With help from coach Fawn Day, the team recorded their first winning record since 1999, winning six of their first seven games of the season. Day was awarded Coach of the Year, while two players were also named league all-stars: shortstop Mel Voisin and infielder Brittany Horton.

On the badminton courts, Conestoga players doubled up at the OCAA Badminton Championship. Justin Imbreau and Mark Brennan competed in men's doubles and put up a good fight to earn second place.

But out on the greens, it was a different story. Over 50 students competed in the OCAA Golf Championship held at the Kawartha Golf and Country Club in Peterborough. Conestoga golfers Scott Zettel and Aaron Logan played a few good rounds of golf despite losing to standout players from Niagara College and Humber College.

"The competition in provincials is tough," said Zettel. "Not only in golf, but in every varsity sport there is."

But with a new year, there are new possibilities. To kick off the new season, most of the tryouts will be held between the end of August and the end of September.

For more information on varsity sports and tryouts, visit the rec centre website at www.conestogac.on.ca/recreation/index.jsp.



PHOTO BY JOSHUA KHAN

Pitcher Laura Matheson winds up during a women's fastball game last season. The team lost in the provincial championship to Durham and Mohawk colleges.

The Health Services Office at Conestoga College provides confidential, student-centered health care, and health education counseling. This service is available by appointment, for students to access and utilize during their enrollment at Conestoga College. Our team includes family physicians, a chiropractor, a naturopath, a part time nurse, an administrative support clerk and a secretary.

The Health Services Office also provides tb clinics for the Health Sciences students as well as flu clinics for all students and staff at Conestoga College.

The office is located at the Doon Campus in Room 1A102 of the Student Life Centre. The phone number is (519)748-5220, ext. 3679. The office is open Monday to Friday 8:30-4:00 p.m. Students can book an appointment by visiting the office or by telephone.

The chiropractor is available on Tuesdays, from 1:00 – 4:00, Wednesdays from 9:00-1:00 and Thursdays from 1:00-4:00. Students who are covered by the CSI health plan only have to pay 20% and the remaining 80% will be billed directly to the insurance company.

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WELCOME BACK to all returning students and WELCOME to all our new students from CO-OP AND CAREER SERVICES

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We invite you to come to the CO-OP AND CAREER SERVICES OFFICE to meet our staff. Student Client Services Building, Room 220, Doon Campus



PHOTOS BY JOSHUA KHAN

Above, members of the men's rugby team gather for a team photo. Last season they finished with a record of 3-5. Below, women's soccer players battle for possession in a regular season game. They ended the season with a 1-3-3 record.





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K-W area offers students many forms of entertainment

By MARCIA LOVE

If you're new to the college scene and are looking for something to do on a Saturday night, Kitchener has much to offer.

There are many options available to students who are searching for entertainment at a reasonable cost.

Towne Bowl, located at 11 Ottawa St. N., Kitchener, offers five-pin cosmic bowling. The bowling centre has group rates of \$9 per person for a group of four, and is open until 11 p.m. everyday.

Alyssia Cox, a practical nursing student, said she enjoys bowling, minigolfing and going to the movies in Kitchener with her friends. "I used to go paintballing, and that was a lot of fun. I would recommend (students) try it."

Cox said her favourite restaurants in the area are Jack Astor's Bar and Grill and the Mongolian Grill.

She said in the future she would like to try tubing.

"I've heard you can go tubing down the Grand River (in the Elora Gorge). I'd like to try that this summer."

For those who enjoy minigolf, Max's Golf Centre has its minigolf course open until late October.

The course, located at 800 King St. N., Waterloo, is open seven days a week from 10 a.m. to 10 p.m., at a cost of \$6.75 per person. The centre also offers group rates of \$4.25 per person weekdays, and \$5.25 per person on weekends for a group of 12.

Kaitlyn Robertson, a first-year practical nursing student, said she enjoys bowling, minigolfing and swimming in her leisure time. "I think I'd like to try paintballing sometime," she said.

Her favourite restaurants in the area include East Side Mario's and Casey's Bar and Grill.

If you're looking for a more physical group activity, paintball might be for you.

"

I think I'd like to try
paintballing sometime.

— Kaitlyn Robertson

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located at
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S t . ,
Kitchener,
o f f e r s
i n d o o r
paintball
for \$25 per

person. Group discounts are also offered to groups of 20 or more.

The paintball course is open seven days a week, 10 a.m. to midnight, with a playing time of three hours and 100 paintballs included.

Bobby Breadnes, a general business graduate, said he enjoys playing basketball at the rec centre and YMCA in his spare time. He said he would recommend students try Sole Restaurant.

"I would really recommend trying paintball," Breadnes said. "I grew up in the Kitchener area, so I've tried a lot of different things here."

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